



Naval Support Unit Saratoga Springs

the



Saratoga *sailor*

June 2007

Your source for information for MWR, CYP, Fleet & Family Support Center, Family Housing at Naval Support Unit Saratoga Springs.

Saratoga Springs Homes

Available Now!

details inside

Friday, June 15
3 to 7 p.m.

Summer Fest



details inside



New York

Yankees Baseball

Sunday, July 22

Yankees vs. Devil Rays

\$46 All through the

month of June

sign up for the Yankees

bus trip.

Limited seating is

available.

Yankees vs.
Pirates

Saturday,
June 9

\$46



Call 885-5138 ext. 1



The Child Development Home Program offers Quality Child Care!

The Child Development Home Program



Child Development Homes provide developmentally appropriate care, contributing to each individual child's physical, emotional, social, and intellectual growth. Our program promotes safe and healthy learning environments for children in a home childcare setting. Nutritious meals and snacks are provided that comply with the USDA guidelines. CDH providers are first aid and CPR certified.

If the spouse is working or going to school, the cost of childcare is subsidized for active duty military. The cost that parents pay for childcare if they are eligible for subsidies, is considerably less than the local market rates for childcare. Feel free to call us and compare what you are now paying with what you would pay if your child should participate in our program.

The CDH program is always looking for childcare providers to work and earn money in their own homes while caring for their own children and the children of military families. Our office will assist prospective providers in completing the certification process and support the provider in continuing with professional growth.

If you are a parent looking for quality childcare or would consider being a childcare provider, please contact the CDH office located in the Navy Fleet and Family Support Center, 19 J. F. King Drive, building 104, Saratoga Springs, NY. The office telephone number is (518) 886-0200 ext. 9-160 or 9-161.

Softball Coaches Meeting

Tuesday, June 12
11 a.m.
at the
Outdoor Recreation
Center (ORC)



OUTDOOR RECREATION CENTER

3569 Galway Road
Ballston Spa, NY
(518) 885-5138

Summer Hours

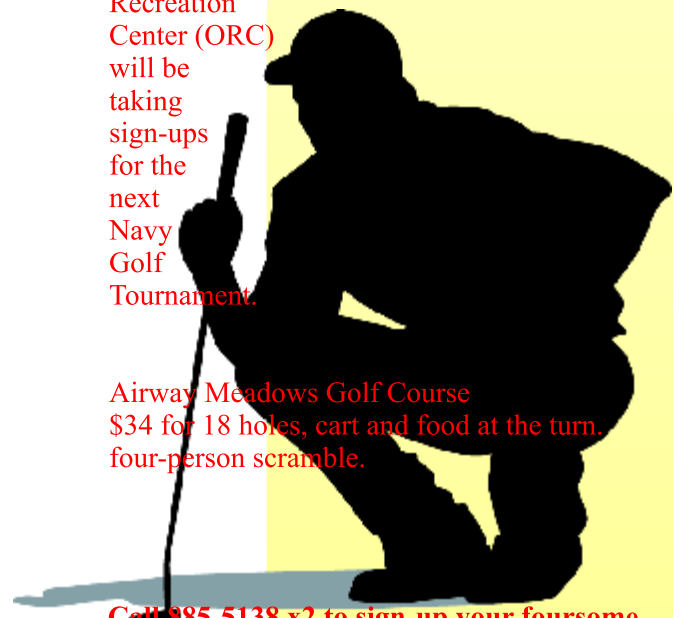
Monday: 6 a.m. to 5:30 p.m.
Tuesday through Thursday: 6:30 a.m. to 5:30 p.m.
Friday: 6:30 a.m. to 6:30 p.m.
Saturday: 7 a.m. to 4 p.m.

Navy Golf Tournament

Friday, June 22

All through the month of June the Outdoor Recreation Center (ORC) will be taking sign-ups for the next Navy Golf Tournament.

Airway Meadows Golf Course
\$34 for 18 holes, cart and food at the turn.
four-person scramble.



Call 885-5138 x2 to sign-up your foursome.

NAVYHOUSING OFFICE



Rent includes:

utilities, trash removal, snow removal and lawn care, free cable/internet installation.

Saratoga Springs offers two bedroom homes to military families, single service members and military retirees. Available for immediate occupancy! Five minutes from downtown Saratoga! **APPLY TODAY!** Complete the housing application by contacting Navy Housing Office at (518) 886-0200 extension 9124 or by visiting the office at 26 Quiet Harbor Drive, Saratoga Springs, New York.



- * No Security Deposit (with allotment option)
- * Pets Welcome – No Pet Deposit

Amenities include: garage, washer/dryer, dishwasher, air conditioning, private balcony with a patio area, playgrounds and basketball court.

SARATOGA SPRINGS PHONE LIST

Commissary

BBQ!!!
- GET READY
- GET SET
- GO!!!



It's BBQ time!!

We have all the goodies to make your season a flavorful one!



Located at the ORC fields.

There will be BBQ food (hamburgers, hot dogs, chicken, salads, drinks and a dessert). Throughout the day there will be competitions and prizes and a bouncy bounce for the kids.

Come and enjoy the summer with this **free event!**

Sign up with the ORC 885-5138 ext. 1.

Every Monday a MWR Weekly Newsletter is distributed via email. The newsletter contains all upcoming MWR events and deals. To be added to this list, please email wheelerj@navsuppusaratoga.com or call (518) 885-5138.

Child Development Homes.....	886-0200 ext. 9160 or 9161
Customer Service Desk.....	583-1901
Monday through Friday.....	7:30 a.m. to 4 p.m.
Dental, Saratoga Springs.....	583-5310
Fleet & Family Support Center.....	886-0200 ext. 9146
Family Housing	886-0200 ext. 9122, 9124 or 9127
ID Card Services (DEERS/RAPIDS)	
N/MCRC - Albany	489-4226
DMNA – Latham.....	786-4406
ANG 109 th Airlift Wing – Scotia	344-2436
NSU – Saratoga	886-0200 ext. 9111
Medical, Saratoga Springs	583-5300
<i>All active duty must call 1-888-NAVYMED for an appointment to medical.</i>	
ORC, Saratoga	885-5138
NEX Barber Shop	884-1823
Available to NPTU only, Monday through Thursday ...7:30 a.m. to 3:30 p.m.	
NEX Saratoga Mini-mart.....	584-7426
Monday through Friday.....	8 a.m. to 8 p.m.
Saturday.....	9 a.m. to 4 p.m.
Sunday	noon to 4 p.m.
NEX Scotia	377-6440
Scotia commissary	370-5935
NEX & Commissary Hours of Operation	
Sunday & Monday.....	Closed
Tuesday & Wednesday	10 a.m. to 4:30 p.m.
Thursday & Friday	10 a.m. to 6 p.m.
Saturday (NEX).....	8 a.m. to 4 p.m.
Saturday (Commissary).....	9 a.m. to 5 p.m.
Navy Federal Credit Union.....	583-7197
Monday through Friday.....	9:30 a.m. to 5 p.m.
ATM – on site.....	6 a.m. to 8 p.m.
Personal Property Office.....	886-0200 ext. 9116 or 9117



FLEET AND FAMILY SUPPORT CENTER

Confidential counseling for individual, couples and families.

Call (518) 886-0200 ext. 9-146 for information or an appointment.

SINGLE SAILORS



What's In It for You?



Commanders Page
www.commanderspage.dod.mil

Commissary News and Info
www.commissaries.com

Federal Employment
www.usajob.opm.gov

Financial and Education Benefits
www.gibillexpress.com

Fleet and Family Support Programs
www.ffsp.navy.mil

Life Lines
www.lifelines.navy.mil

Military Home Front
www.militaryhomefront.com

Military One Source
www.militaryonesource.com

Military Pay
<http://www.dod.mil/dfas>

Military Spouse Corporate Career Netw
<http://www.msccn.org>

Military Student
www.militarystudent.org

MWR
www.mwr.navy.com

Navy Career Development
www.staynavy.navy.mil

Navy-Marine Corps Relief Society
www.nmcrcs.org

Navy Medicine
<http://navymedicine.med.navy.mil>

National Center on Domestic
and Sexual Assault
www.ncdsv.org

Nurturing Parenting.com
www.nurturingparenting.com

Operation Support
<http://www.operation-support.com>

Sexual Assault Prevention Resources
www.sapr.mil

Spouse Information
www.surfacespouses.navy.mil

Transition Information
www.dodtransportal.org

U.S. Navy Home Page
www.navy.mil

Chaplain's Corner
www.chaplaincare.navy.mil

JUNE CLASSES

- 1 Retirement Planning, FFSC, 8:30 to 10 a.m.
- 1 Resume Writing Workshop, FFSC, 1:30 to 3 p.m.
- 7 Financial Planning for Deployment, FFSC, 8:30 to 10 a.m.
- 7 Interviewing Skills Workshop, FFSC, 1:30 to 3 p.m.
- 8 Banking/Checking Management, FFSC, 8:30 to 10 a.m.
- 8 Anger Management, FFSC, 1:30 to 3 p.m.
- 12 SAVI Refresher Training, FFSC, 1:30 to 3 p.m.
- 14 Family Welcome Night, FFSC, 6 to 8 p.m.
- 15 AAA Driver Improvement Program, FFSC, 8 a.m. to 4 p.m.
- 18- 21 TAP Seminar, Resource Center, 8 a.m. to 4 p.m.
- 19 - 20 AAA Basic Rider Course, ORC, 8 a.m. to 4 p.m.
- 22 Paying for College, FFSC, 8:30 to 10 a.m.
- 22 Parenting 101 – Toddlers ages 1 to 3, FFSC, 1:30 to 3 p.m.
- 28 Car Buying Strategies, FFSC, 8:30 to 10 a.m.
- 28 Parenting: Effective Discipline, FFSC, 1:30 to 3 p.m.
- 29 Developing Your Budget/Spending Plan, FFSC, 8:30 to 10 a.m.
- 29 Couples Communication Workshop, FFSC, 1:30 to 3 p.m.

JULY CLASSES

- 5 Newcomer's Welcome Brief, FFSC, 6 to 8 p.m.
- 6 Suicide Awareness and Prevention, FFSC, 1:30 to 3 p.m.
- 9-13 Command Financial Specialist (CFS) Training, Resource Center, 8 a.m. to 4 p.m.
- 17 & 18 AAA Basic Rider Course, ORC, 8 a.m. to 4 p.m.
- 20 AAA Driver Improvement Program, FFSC, 8 a.m. to 4 p.m.
- 23-26 CONSEP: First Term Career, Resource Center, 8 a.m. to 4 p.m.
- 27 Military Spouse 101, FFSC, 8:30 to 10 a.m.
- 27 Thrift Savings Plan (TSP), FFSC, 1:30 to 3:30 p.m.

ON-LINE RESOURCES

FFSC CLASSES SCHEDULE